

## **5 best sciatica stretches for immediate relief**

The sciatic nerve, which is the longest nerve in the human body, starts from the lower back of our body and extends down our legs through the hips and buttocks. Sciatica nerve pain refers to nerve pain that occurs from irritation or an injury to the sciatic nerve.

### **Sciatica nerve pain symptoms**

The most common sciatica nerve pain symptoms are

- “Pins and needles” like pain in your toes and legs.
- Pain that is getting worse while sitting and walking.
- Numbness or burning in your legs.
- Loss of control over bladder and bowel movements, which is an emergency situation and seeks immediate medical attention.
- Acute pain on one side.

### **Sciatica nerve pain causes**

Approximately 90% of sciatica cases occur as a result of a herniated disc. The other causes include:

- Spinal stenosis.
- Spondylolisthesis.
- Cauda equina syndrome.
- Osteoarthritis.
- Tumours in the lumbar spine.
- Piriformis syndrome.

### **Sciatica nerve pain treatment**

[Sciatica best doctors](#) suggest physical therapy and sciatica pain relief tablets as first line of treatment. In this sciatica nerve pain informative tutorial, we will now learn about 5 immediate relief for sciatica pain stretches and this tutorial provides information about sciatica exercises with pictures.

### **1) Hamstring stretch using a chair**

Sciatica causes tightness in the hamstring. This is one of the immediate relief for sciatica pain stretches that will relieve you from tightness. Let's see how to do this

- Stand in front of the staircase step or chair.



- Now, place the leg with sciatic pain onto the staircase step or chair. The toes should be pointed up.
- Slowly reach your toes by bending forward from the hips.
- Keep extending your knee during the stretch.
- Keep your back straight and hips forward.
- Be there in this posture for 10 seconds.
- Slowly come back to the stride position.
- Repeat this twice a day.

### **2) Pigeon stretch**

- Kneel on the ground on all fours.



- Pull your right knee towards your right elbow.
- Flex your right foot balancing on the outer edge of your right foot.
- Drop your right knee towards your right wrist.
- Slide your left knee all the way back.
- Then Shift your body weight from your arms to your legs.
- Perform the same stretch on the other side as well.

### **3) Knee to opposite shoulder stretch**

- Lie on the ground with your knees propped up.



- Take the side that you want to stretch and cross it over.
- Then take your knee and pull it up and over towards the opposite shoulder.
- Continue until you feel stretched.
- Be there in this position for a few seconds.
- Remember you should feel relief and not pain.

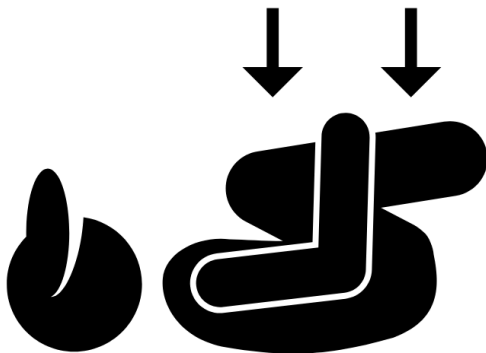
#### 4) Seated stretch on a chair

- Sit on a chair and then cross over the leg with pain over the other leg's knee.



- Keep your spine straight and lean forward.
- Try to repeat this until it's not painful.
- Be there in this position for 30-60 seconds.
- Repeat this exercise on the other side.

#### 5) Flexion stretches



Bending your spine forward is called flexion. Let's see how to do this stretch

- Lie down on your back

- Drag your knees towards your chest with both hands until you feel stretched.
- For an advanced stretch, bring your head forward in the same pose.
- Be there in this posture for 5 to 10 seconds.

## Conclusion

All these sciatica pain relief exercises should be performed with great care. Try to stop in case of any pain. If you experience pain for more than one month you need to consult a sciatica best doctor. Dr Umakant Pandurang Dolas is a renowned [neurotherapist and spondylosis consultant in pune](#). He is specialised in treating spine disorders like slip disc, sciatica and spondylosis - pre & post-operative cases. He has vast experience working with other medical professionals all over the country. A fully established Spinal care centre like this and the prominent methods adopted by our sciatica best doctors help patients heal permanently from spine problems. Visit us at [spandan spondylosis care centre](#) for more information.